

2022 EPA

TRACK & FIELD

SUB-YOUTH, YOUTH, JUNIOR AND SENIOR CHAMPIONSHIPS

PRELIMINARY ROGRAMME

11-12TH of March 2022

Relevant Covid-19 restrictions apply

Spectators are welcome



NMU Athletics Track

THE COMPETITION WILL BE CONDUCTED IN ACCORDANCE WITH THE RULES OF EPA AND ASA

EPA

nelson mandela bay MUNICIPALITY

LEGACY PROJECT

Province of the EASTERN CAPE SPORT, RECREATION, ARTS & CULTURE

Nelson Mandela Metro Sport Development.






Nelson Mandela Metro Sport Development.

FRIDAY, 11 MARCH 2022 @ NMU Athletics Track - PROGRAMME

NO.	TIME	EVENT	ROUND	SPECS	AGE GROUP
1	16h00	Triple Jump	FINAL	7m Board	Girls: U/16
2	16h00	Triple Jump	FINAL	9m Board	Girls: U/18
3	16h00	Hammer Throw	FINAL	3kg	Girls: U/16
4	16h00	Hammer Throw	FINAL	3kg	Girls: U/18
5	16h00	Javelin Throw	FINAL	600g	Boys: U/16
6	16h00	Javelin Throw	FINAL	700g	Boys: U/18
7	16h00	90m Hurdles	FINAL	76.2cm	Girls: U/16
8	16h10	100m Hurdles	FINAL	76.2cm	Girls: U/18
9	16h20	100m Hurdles	FINAL	83.8cm	Women: U/20
10	16h30	100m Hurdles	FINAL	83.8cm	Women: Senior
11	16h40	100m Hurdles	FINAL	83.8cm	Boys: U/16
12	16h50	110m Hurdles	FINAL	91.4cm	Boys: U/18
13	17h00	110m Hurdles	FINAL	99.1cm	Men: U/20
14	17h00	Triple Jump	FINAL	9m & 11m Board	Women: U/20
15	17h00	Triple Jump	FINAL	11m Board	Women: Senior
16	17h00	Hammer Throw	FINAL	4kg	Women: U/20
17	17h00	Hammer Throw	FINAL	4kg	Women: Senior
18	17h00	Javelin Throw	FINAL	800g	Men: U/20
19	17h00	Javelin Throw	FINAL	800g	Men: Senior
20	17h10	110m Hurdles	FINAL	106.7cm	Men: Senior
21	17h25	1 500m Steeple Chase	FINAL	76.2cm	Girls: U/16
22	17h25	1 500m Steeple Chase	FINAL	76.2cm	Boys: U/16
23	17h35	2 000m Steeple Chase	FINAL	76.2cm	Girls: U/18
24	17h50	3 000m Steeple Chase	FINAL	76.2cm	Women: U/20
25	17h50	3 000m Steeple Chase	FINAL	76.2cm	Women: Senior
26	18h00	Triple Jump	FINAL	9m Board	Boys: U/16
27	18h00	Triple Jump	FINAL	11m Board	Boys: U/18
28	18h00	Hammer Throw	FINAL	4kg	Boys: U/16
29	18h00	Hammer Throw	FINAL	5kg	Boys: U/18
30	18h00	Javelin Throw	FINAL	500g	Girls: U/16
31	18h00	Javelin Throw	FINAL	500g	Girls: U/18
32	18h10	2 000m Steeple Chase	FINAL	83.8cm	Boys U/18
33	18h25	3 000m Steeple Chase	FINAL	91.4cm	Men: U/20
34	18h45	3 000m Steeple Chase	FINAL	91.4cm	Men: Senior
35	19h00	Triple Jump	FINAL	13m Board	Men: U/20
36	19h00	Triple Jump	FINAL	13m Board	Men: Senior

37	19h00	Hammer Throw	FINAL	6kg	Men: U/20
38	19h00	Hammer Throw	FINAL	7.26kg	Men: Senior
39	19h00	Javelin Throw	FINAL	600g	Women: U/20
40	19h00	Javelin Throw	FINAL	600g	Women: Senior
41	19h05	5 000m	FINAL		Women: U/20
42	19h05	5 000m	FINAL		Women: Senior
43	19h30	5 000m	FINAL		Men: U/20
44	19h30	5 000m	FINAL		Men: Senior
45	19h55	200m	HEATS		Girls: U/16
46	20h00	200m	HEATS		Boys: U/16
47	20h05	200m	HEATS		Girls: U/18
48	20h10	200m	HEATS		Boys: U/18
49	20h15	200m	HEATS		Women: U/20
50	20h20	200m	HEATS		Men: U/20
51	20h25	200m	HEATS		Women: Senior
52	20h30	200m	HEATS		Men: Senior

Province of the
EASTERN CAPE
SPORT, RECREATION,
ARTS & CULTURE

NELSON MANDELA METRO SPORT DEVELOPMENT



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LEGACY PROJECT

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EASTERN PROVINCE ATHLETICS






Nelson Mandela Metro Sport Development.

SATURDAY 12 MARCH 2022 @ NMU Athletics Track - PROGRAMME

NO.	TIME	EVENT	ROUND	SPECS	AGE GROUP
53	09h00	800m	FINAL		Girls: U/16
54	09h10	800m	FINAL		Boys: U/16
55	09h20	800m	FINAL		Girls: U/18
56	09h30	800m	FINAL		Boys: U/18
57	09h40	800m	FINAL		Women: U/20
58	09h50	800m	FINAL		Men: U/20
59	10h00	800m	FINAL		Women: Senior
60	10h00	Pole Vault	FINAL		Girls: U/16
61	10h00	Pole Vault	FINAL		Girls: U/18
62	10h00	Pole Vault	FINAL		Women: U/20
63	10h00	Pole Vault	FINAL		Women: Senior
64	10h00	Long Jump	FINAL		Boys: U/16
65	10h00	Long Jump	FINAL		Boys: U/18
66	10h00	High Jump	FINAL		Girls: U/16
67	10h00	High Jump	FINAL		Girls: U/18
68	10h00	Shot Put	FINAL	3kg	Girls: U/16
69	10h00	Shot Put	FINAL	3kg	Girls: U/18
70	10h00	Discus	FINAL	1kg	Boys: U/16
71	10h00	Discus	FINAL	1.5kg	Boys: U/18
72	10h10	800m	FINAL		Men: Senior
73	10h20	300m Hurdles	FINAL	83.8cm	Boys: U/16
74	10h30	300m Hurdles	FINAL	76.2cm	Girls: U/16
75	10h40	400m Hurdles	FINAL	76.2cm	Girls: U/18
76	10h50	400m Hurdles	FINAL	76.2cm	Women: U/20
77	11h00	400m Hurdles	FINAL	76.2cm	Women: Senior
78	11h00	Pole Vault	FINAL		Boys: U/16
79	11h00	Pole Vault	FINAL		Boys: U/18
80	11h00	Pole Vault	FINAL		Men: U/20
81	11h00	Pole Vault	FINAL		Men: Senior
82	11h10	400m Hurdles	FINAL	83.8cm	Boys: U/18
83	11h20	400m Hurdles	FINAL	91.4cm	Men: U/20
84	11h30	400m Hurdles	FINAL	91.4cm	Men: Senior
85	11h30	Long Jump	FINAL		Men: U/20
86	11h30	Long Jump	FINAL		Men: Senior
87	11h30	High Jump	FINAL		Women: U/20
88	11h30	High Jump	FINAL		Women: Senior
89	11h30	Shot Put	FINAL	4kg	Women: U/20
90	11h30	Shot Put	FINAL	4kg	Women: Senior
91	11h30	Discus	FINAL	1.75kg	Men: U/20
92	11h30	Discus	FINAL	2kg	Men: Senior

93	11h40	200m	FINAL		Girls: U/16
94	11h45	200m	FINAL		Boys: U/16
95	11h50	200m	FINAL		Girls: U/18
96	11h55	200m	FINAL		Boys: U/18
97	12h00	200m	FINAL		Women: U/20
98	12h05	200m	FINAL		Men: U/20
99	12h10	200m	FINAL		Women: Senior
100	12h15	200m	FINAL		Men: Senior
101	12h25	1 500m	FINAL		Girls: U/16
102	12h35	1 500m	FINAL		Boys: U/16
103	12h45	1 500m	FINAL		Girls: U/18
104	12h55	1 500m	FINAL		Boys: U/18
105	13h00	Long Jump	FINAL		Girls: U/16
106	13h00	Long Jump	FINAL		Girls: U/18
107	13h00	High Jump	FINAL		Boys: U/16
108	13h00	High Jump	FINAL		Boys: U/18
109	13h00	Shot Put	FINAL	4kg	Boys: U/16
110	13h00	Shot Put	FINAL	5kg	Boys: U/18
111	13h00	Discus	FINAL	1kg	Girls: U/16
112	13h00	Discus	FINAL	1kg	Girls: U/18
113	13h05	1 500m	FINAL		Women: U/20
114	13h15	1 500m	FINAL		Men: U/20
115	13h25	1 500m	FINAL		Women: Senior
116	13h35	1 500m	FINAL		Men: Senior
117	13h45	100m	HEATS		Girls: U/16
118	13h50	100m	HEATS		Boys: U/16
119	13h55	100m	HEATS		Girls: U/18
120	14h00	100m	HEATS		Boys: U/18
121	14h05	100m	HEATS		Women: U/20
122	14h10	100m	HEATS		Men: U/20
123	14h15	100m	HEATS		Women: Senior
124	14h20	100m	HEATS		Men: Senior
125	14h30	Long Jump	FINAL		Women: U/20
126	14h30	Long Jump	FINAL		Women: Senior
127	14h30	High Jump	FINAL		Men: U/20
128	14h30	High Jump	FINAL		Men: Senior
129	14h30	Shot Put	FINAL	6kg	Men: U/20
130	14h30	Shot Put	FINAL	7.26kg	Men: Senior
131	14h30	Discus	FINAL	1kg	Women: U/20
132	14h30	Discus	FINAL	1kg	Women: Senior
133	14h30	400m	HEATS		Girls: U/16
134	14h35	400m	HEATS		Boys: U/16
135	14h40	400m	HEATS		Girls: U/18
136	14h45	400m	HEATS		Boys: U/18
137	14h50	400m	HEATS		Women: U/20
138	14h55	400m	HEATS		Men: U/20
139	15h00	400m	HEATS		Women: Senior
140	15h05	400m	HEATS		Men: Senior
141	15h15	3 000m	FINAL		Girls: U/16

142	15h15	3 000m	FINAL		Girls: U/18
143	15h35	3 000m	FINAL		Boys: U/16
144	15h35	3 000m	FINAL		Boys: U/18
145	15h55	100m	FINAL		Girls: U/16
146	16h05	100m	FINAL		Boys: U/16
147	16h10	100m	FINAL		Girls: U/18
148	16h15	100m	FINAL		Boys: U/18
149	16h20	100m	FINAL		Women: U/20
150	16h25	100m	FINAL		Men: U/20
151	16h30	100m	FINAL		Women: Senior
152	16h35	100m	FINAL		Men: Senior
153	16h45	400m	FINAL		Girls: U/16
154	16h50	400m	FINAL		Boys: U/16
155	16h55	400m	FINAL		Girls: U/18
156	17h00	400m	FINAL		Boys: U/18
157	17h05	400m	FINAL		Women: U/20
158	17h10	400m	FINAL		Men: U/20
159	17h15	400m	FINAL		Women: Senior
160	17h20	400m	FINAL		Men: Senior
161	17h30	4 x 100m Relay	FINAL		Mixed: Open

AGE GROUPS – 2022	
Boys/Girls U/16	**BORN IN 2007 & 2008**
Boys/Girls U/18	**BORN IN 2005 & 2006**
Boys/Girls U/20	**BORN IN 2003 & 2004**
Senior Men & Woman	**BORN IN 2002 and older**

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EPA EASTERN PROVINCE ATHLETICS

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NELSON MANDELA METRO SPORT DEVELOPMENT

NMBM Eastern Province Athletics Track & Field Championships
General Competition rules

1. No athletes will be allowed to compete in EPA attire, all athletes must compete in their respective club/school colours with a 2021 ASA permanent licence number until end of February 2022.
2. Athletes must arrive at the venue an hour before their event.
3. Athletes to report to the call room (B - Field) an hour before the scheduled starting time of their event and remain in the vicinity unless advised otherwise by the officials. Please adhere to social distancing in the warm up area.
4. Closing date for entries is; **Friday, 4th of March 2022 before close of day.** (*Group entries from clubs/schools are encouraged to limit the number of persons visiting the office*).
5. Electronic entries must be sent to epaadmin@pe.co.za, accompanied by a proof of payment slip/receipt before the closing date. **If one of the above is not provided, then the entry will be deemed as invalid.**
6. **No late entries will be accepted**.
7. Entry fee is: **R50.00 (per item, paid when you enter)**. Cash payments at the track will not be accepted.
8. Entered athletes will receive a wrist tag upon arrival at registration on the day of the competition – **no tag, no participation**.
9. All competitions will be held under strict Covid-19 Protocols.
10. Coaches and Spectators will be allowed with an entry fee of R30pp at the entrance of the stadium.
11. As per Covid19 compliance completed health forms must be handed in at the gate on the day of competition, Temperature will be taken on arrival at the stadium.
12. The tuckshop will be open.
13. Results will be available on www.jobaresults.co.za during the competition.
14. **Temporary licenses** will be available at the registration at R40 per athlete.
15. **The competition will be conducted in accordance with WA and ASA rules.**
16. **No earphone or headsets will be allowed in the competition area.**

Banking Details:

Account Name:	Eastern Province Athletics
Bank Name:	ABSA
Account Number:	0104- 283-1383
Branch Code:	632005
Reference:	EPA T&F and Athlete Name & Surname

Eastern Province Athletics Track & Field Fixtures 2022				
January - April 2022				
DATE	**VENUE**	**EVENT**	**AGE GROUPS**	**ORGANISER**
11 - 12 March 2022	NMU	EPA CHAMPIONSHIPS	SY; Y; J; S	EPA
26 March 2022	NMU	LEAGUE 4	SY; Y; J; S	NMU
31 March - 2 April 2022	TBC	ASA JNR CHAMPS	SY; Y; J	ASA
09 April 2022	OVAL	LEAGUE 5	SY; Y; J; S	EPA
21 - 23 April 2022	TBC	ASA SNR CHAMPS	S	ASA

SY–SUB-YOUTH; Y-YOUTH; J- JUNIORS; S- SENIORS

EPA
SELECTION CRITERIA
2022
Sub-Youth, Youth, Junior and Senior

Eligible age groups for selection:

- Under 16 age group (Sub-Youth): Born in 2007 and 2008
- Under 18 age group (Youth): Born in 2005 and 2006
- Under 20 age group (Junior): Born in 2003 and 2004
- Senior age group : Born in 2002 and before

When athletes compete outside of the borders of EPA, the responsibility will be on the athlete to provide his/her official results **no later than 14 days** after that competition.

Only athletes who are members of EPA and possess a permanent licence will be considered for selected for the EPA team as per ASA Rules.

The Track and Field commission will select the team. Athletes can qualify for selection from ***January until the EPA Championship***.

All appeals should go directly to the EPA office within three days after the team announcement. Appeals will be dealt with by the Track and Field commission.

All athletes who wishes to be considered for selection, must compete at the EPA Championship in the event they wish to be considered for, unless a medical certificate issued by a medical practitioner is submitted to the Track & Field Commission on the day of the Championship setting out the reason for not competing.

All athletes who wish to be selected must compete in at least **TWO EPA LEAGUE *events, and the* CHAMPIONSHIP**. Unless a valid medical certificate is submitted. This may be revised depending on circumstances in the current COVID national restrictions.

Athletes who wish to be selected for multiple events can qualify if they have participated in all their events (no matter the sequence).

An athlete who reaches the Qualifying standard in his/her event during the stipulated period and competes at the EPA Track & Field Championships in the same event, will be selected automatically into the EPA Team.



THANK YOU FOR SUPPORTING THE NMBM EPA TRACK & FIELD LEAGUE EVENTS THIS YEAR.

GOOD LUCK WITH YOUR PREPRATION FOR EPA CHAMPIONSHIPS AND MAY YOU ACHIEVE YOUR GOALS!

Nelson Mandela Metro Sport Development.